

I Rely On

#IRelyOn Campaign Instructions

- Step 1: Download and print out our sign. Write in the aging service that you rely on (use the “cheat sheet” on the back for ideas). Or use it as a guide to make your own sign.
- Step 2: Take a photo of yourself holding your sign.
- Step 3: Post the photo on social media using the #IRelyOn hashtag.

We're happy to help! If you're not on social media, send us your photo and we'll post it. We'll come to your staff meeting, community gathering, etc. to lead a #IRelyOn activity. Contact Kweli Kitwana at kweli@seniorservicescoalition.org.

The Services That We Rely On - Suggestions for Write-In Text

#IRelyOn...

Medicaid for my Adult Day Health Care

Medicaid for my health care

Medicaid for my dental care

Medicaid for my In-Home Support

Medicaid for my MSSP case manager

Medicaid for my skilled nursing care

Meals On Wheels

Or: my Meals On Wheels driver to check on me every day

my Friendly Visitor

my Senior Center

Supportive Services

Congregate Nutrition for a hot lunch every day

my Chronic Disease Self-Management class

HICAP Health Insurance Counseling to figure out my Medicare options

Falls Prevention

Family Caregiver Support

Preventive Health

Respite Care

Respite Care so I can take a break from caring for Mom

LIHEAP (Home Energy Assistance Program)

the Senior Community Services Employment Program

Adult Protective Services and the Elder Justice Initiative

Food Stamps

Social Security and Supplemental Security Income

Social Security Disability Income